



MASTERCLASS with MIGUEL LOZANO
(FIM + CNF + DEPTH STA + EQUALIZATION WORKSHOP)
15,16,17 December 2017 (MOALBOAL - PHILIPPINES)

*The objective of the course is to work the **FOUR** most important parts of a deep dive: **technique, deep equalization, adaptation and long dive time**. Without this 4 important parts it's impossible to increase your depth.*

First day we will work on Equalization from a simple and practical point of view applying it in practical exercises at depth. We will focus on video-analysis of the technique.

Second day we will work on exhale diving to improve our adaptation to depth in a comfortable way and exercises to increase the dive time and long freefalls at shallower depth.

Third day we will put all together, technique, long dive time and equalization on deepest dives in the most comfortable way and Variable Weight training.

The idea is to create a solid base at technical, physiological and psychological level for the first 40 meters of a dive in a controlled environment.

PROGRAM

Friday 15th of December

09:00 Presentation of the course
10:00 Theory Frenzel & Mouthfill
11:00 Stretching (Lungs, Chest and Diaphragm)
11:30 Sea Session (Adaptation day & Technique & Mouthfill exercises)
14:30 Rest
18:00 Video Analysis Technique

Saturday 16th of December

09:00 Theory (Exhale Diving + Depth STA)
10:00 Stretching (Lungs, Chest and Diaphragm)
11:00 Sea Session (Exhale Diving + Depth STA exercises)
14:30 Rest

Sunday 17th of December

09:00 Theory (Best Performance Diving Theory)
10:00 Stretching (Lungs, Chest and Diaphragm)
11:00 Sea Session (Variable weight + deep dive)
14:30 End of the Course and Diplomas

Price: 285€**

Include:

3 days Stage with Miguel Lozano.
Diploma and T-shirt

***Not included flights, meals, etc*

Bookings
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